

Self-Esteem Scenarios



Materials Needed:

- Scenarios from toolkit (at the end of the lesson) that the students will use to rehearse and present
- Paper for their ideas on how the skit will end

Instructions:

Break the students into pairs or small groups (depending on the number of actors in each skit). Explain to the students that they will be acting out scenarios that are related to self-esteem. The students can use what they have learned from the BANA presentation to come up with appropriate responses to each individual skit. After each presentation the class can reflect and discuss the outcome chosen by the group and even brainstorm other possible outcomes.

There are three types of responses to situations. These responses can be gone over as a class before the activity begins:

Assertive, Aggressive and Passive Responses

Assertive Behaviour

Being assertive has nothing to do with being bossy or demanding. Assertiveness is about mutual respect, having confidence and self-assurance. To be assertive means to stand up for your rights without violating the rights of others. When a person acts assertively, they convey that both parties count and are important.

Aggressive Behaviour

The intention of aggressive behaviour is to command another person or put blame on them. When a person acts aggressively, they convey that only they count and that other people are unimportant, which violates the rights of others.

Passive Behaviour

Passive behaviour involves not letting others know how you feel and being somewhat of a pushover. When a person acts passively, they convey that other people have more worth than themselves. Passive behaviour can also involve dishonesty through a confusing double message.

An example of this could be found in someone who says that they are happy about a situation when they are actually upset about it.

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Introduction

Review what is meant by the terms aggressive, assertive and passive behaviour. For clarification, use an example to model the different responses. For example, you might want a piece of gum from someone who has a package of gum:

Desires:

Assertive: Could I please have a piece of that gum?

Aggressive: Hey, give me some of that gum!

Passive: I sure wish I had some gum...

Responses:

Assertive: I am sorry but no, I only have one piece left

Aggressive: No way – get your own gum!

Passive: I only have one piece left but you can have it

Scenarios:

Natalie has always been worried about her weight and notices that her best friend Trisha is really slim and is always noticed by the boys. Recently Natalie has become more interested in her appearance and she has begun to buy teen and fashion magazines. She spends a lot of time looking at the possible outfits that she could buy and admiring the slim bodies of the models and celebrities. One day while Natalie was hanging about with her best friend, Trisha, Natalie showed her some of the clothes she was thinking about buying in the magazines. Trisha giggled and kidded, “You can’t wear that, your stomach will be hanging over!”

Your friend has invited you to a party, which you'd really like to attend. Unfortunately you have nothing new to wear and you don't have the money to buy a new outfit.

Your friend always asks to borrow a few dollars when you go out, but he never repays you. You begin to get angry that he does this all the time. He asks you again if he can borrow \$10 for lunch.

Justin is a very skilled soccer player and wants to join his school soccer team. After tryouts the coach pulls him aside and tells him he is too short to play and he should consider coming back after he grew a few inches.

Colin enjoys doing activities such as Yoga and Meditation during his free time and announces to his class that there will be free Yoga classes at the local community centre. Some girls in his class tell him that boys aren't supposed to do yoga.

